

02/08/2006

Infant Meal Pattern

	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast	4-6 fluid ounces formula (1) or breast milk (2,3)	4-8 fluid ounces formula (1) or breast milk (2,3) and 0-3 Tbsp. Infant cereal (1,4)	6-8 fluid ounces formula (1) or breast milk (2,3) and 2-4 Tbsp. Infant cereal (1) and 1-4 Tbsp fruit and/or vegetable
Lunch or Supper	4-6 fluid ounces formula (1) or breast milk (2,3)	4-8 fluid ounces formula (1) or breast milk (2,3) and 0-3 Tbsp. Infant cereal (1,4) and 0-3 Tbsp. Fruit and/or vegetable or both (4)	6-8 fluid ounces formula (1) or breast milk (2,3) and 2-4 Tbsp. Infant cereal (1); and/or 1-4 Tbsp. Meat, fish, poultry, egg yolk, cooked dry beans or peas; or 2-2 ounces cheese; or 1-4 Ounces (volume) Cottage cheese; 1-4 ounces (weight) cheese food or cheese spread; and 1-4 Tbsp. Fruit and/or vegetables or both.
Supplement (snack)	4-6 fluid ounces formula (1) or breast milk (2,3)	4-6 fluid ounces formula (1) or breast milk (2,3)	2-4 fluid ounces formula (1), breast milk (2,3), or fruit juice (5); and 0-2 bread (4,6) or 0-2 crackers (4,6)

- (1) Infant formula and dry infant cereal shall be iron-fortified.
- (2) Breast milk or formula, or portions of both may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.
- (3) For some breast fed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- (4) A serving of this component is required only when the infant is developmentally ready to accept it.
- (5) Fruit juice shall be full-strength.
- (6) A serving of this component must be made from whole-grain or enriched meal or flour.